

Letter from the Editor

Of all the issues of *Lucidity Letter* I had the least to do with putting this one out! Aware of the last minute pressures I would be facing mounting the Lucidity Associations Higher States of Consciousness conference in Chicago, readers, friends, and colleagues came to my rescue. As in past issues, Canadians Kathy Belicki and her secretary Joanne Gazzola edited and typeset, respectively, about half of this issue. Two women new to our team really made a difference between working hard on the issue and gliding home with it. Shelagh Robinson, from Edmonton, volunteered many hours to typesetting and list maintenance. The work that will have the greatest impact on the reader comes from that of Elinor Gebremedhin of Philadelphia. Her professional copy editing of the entire issue has ended the many small errors which have plagued *Lucidity Letter*. A heartfelt thanks to all four women for making this the easiest *Lucidity Letter* ever to produce.

The issue opens with five articles in a theme section on the relationship between lucid dreams and the divine or ecstatic experiences while lucid. We start the section with three beautiful dreams from reader Curtis Durrant of Pullman, Washington. This is followed by frequent *Lucidity Letter* contributor and Sanskrit scholar, George Gillespie of the University of Pennsylvania, in his "A Look at Mystic Light". Gillespie makes us aware of the many questions which need answered in any serious inquiry into the divine/ecstatic experience. Provocative findings on "Experiencing the Divine in the Lucid Dream State" are reported on by Lucidity Association's steering committee member, Fariba Bogzaran. She points out that, "One implication of this research is that it is possible to experience the Divine (the Divine we believe in) through incubating lucid dreams." Then Daryl Hewitt of San Francisco discusses the "The Value of Spiritual Experiences in Lucid Dreams". The section ends with another set of experiences from a *Lucidity Letter* reader, Elinor Gebremedhin. In a thoughtful piece she points out the "Differences Between Lucid and Nonlucid Ecstatic Dreaming" in her experience, with a number of apparently different types of dreams cited as examples. This section provides a broad look into divine/ecstatic experiences while lucid in sleep from the perspectives of the scientist, theoretician, and experient.

The three articles which follow this section are led by an article entitled "Mindlessness and Mindfulness in Daytime and Nighttime Dreaming" by internationally known consciousness researcher and theoretician Charles Tart. He explains that his, "... primary current interest is trying to understand and develop the concept of lucidity, especially as it applies to *lucid waking*." The same idea as Tart's is briefly noted in a letter to the editor from Fariba Bogzaran, "Lucid Living, Lucid Dreaming". The next article in this section is by Kathy Medbery of Vermont College, reporting on her master's research. In "A Comparative Study of Nightmares, Lucid Dreams, and Archetypal Dreams Significance to the Dreamer's Life" Medbery concludes that, "The archetypal dreams were valued as the most significant" by her subjects. The final article in this section is by the first person to signal in the sleep laboratory that he was dreaming, England's Alan Worsley. In "Lucid

Dreaming and Creativity" he points out that he sees, "... the world of dreams as an overgrown garden, full of weeds with the occasional beautiful flower. The potential is there but it needs a great deal of work and understanding for it to be productive."

Our interview in this issue is a record of an historical conversation in the area of lucid dreaming. In July of 1989 Stephen LaBerge and Paul Tholey met for the first time in London, England at the annual meeting of the Association for the Study of Dreams. Lucidity Association steering committee member, Brigitte Holzinger, recorded and edited their conversation for *Lucidity Letter* readers. Holzinger points out that, "Their conversation focused on the concept of the consciousness of dream characters and Tholey's "mirror technique" for inducing OBE's."

Four book reviews are then offered. In the first Kate Ruzycki Hunt reviews my recent book on lucid dreaming, *Control Your Dreams*, which I wrote with science writer, Jane Bosveld. Then Christophe Trunk reviews Harry Hunt's *The Multiplicity Of Dreams: Memory, Imagination, and Consciousness*. Both of these books deal at length with dream lucidity and are available for purchase from the Lucidity Association. The other two book reviews are Feinstein and Krippner's *Personal Mythology*, reviewed by Madeline Nold, and Barrett's, *Lady of the Lotus*, reviewed by Jane White-Lewis.

Finally, the News and Notes section starts off with the program for the Lucidity Association's Higher States of Consciousness (HSC) conference to be held July 1 and 2 in Chicago. The eight invited talks will address a wide variety of issues related to HSC. The 22 posters will allow the conference attendees additional opportunities to share outlooks on these important states of being and the two panel discussions should energize dialogue among various groups of individuals attending the meeting. Plans are being made to audio tape all of the proceedings and make those tapes available to the readers of *Lucidity Letter*. We also hope to transcribe the two panel discussions and publish those in the December 1990 *Lucidity Letter*. Finally, abstracts of selected posters will appear in the next few issues of *Lucidity Letter*. We will not be printing the invited addresses, as they are being collected into a separate proceedings volume with an independent publisher. Consequently they may not be available for some time but when the proceedings volume comes out it will be offered for sale to the readers of *Lucidity Letter*.

Following the HSC program are lists of the presentations to be made at the annual meeting of the Association for the Study of Dreams on lucid dreaming and recent lucid dreaming bibliographic updates.

Several things are planned for the December 1990 *Lucidity Letter*. As noted above we hope to print the two panel discussions from our HSC conference; "Is Lucid Dreaming Related to Higher States of Consciousness?" and "TM Research and Theory: Current Status". The panel discussion from the ASD meeting, "Should You Control Your Dreams?", will also be transcribed, edited and printed in the December issue. Abstracts

from some of the posters will be offered. Results of the readers survey and plans for the 1991 Lucidity Association conference will be detailed.

Three new book offerings on lucid dreaming are now available from the Lucidity Association. Patricia Garfield's *Pathway to Ecstasy* has been reissued with a new introduction. This book was originally published after her best selling *Creative Dreaming*. The other two books are reviewed in this issue of *Lucidity Letter*; Harry Hunt's *The Multiplicity Of Dreams: Memory, Imagination, and Consciousness* and a book I wrote with Jane Bosveld entitled *Control Your Dreams*.

Jayne Gackenbach, Ph.D.
Senior Editor